

*Toast Talk*  
by  
*Sunbeam*



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A miraculous change takes place when bread is toasted. It tastes sweeter. It re-captures that heaven-sent aroma which wafts around a bakery while bread is a-baking. Good bread, produced by Sunbeam, toasted to a rich golden brown, buttered and piping hot, has that nut-like, wheaty taste which everyone enjoys.

Toast, once defined as "bread dried or scorched before a fire," is by all odds the most popular way to serve bread. Over one-third of our daily bread is popped into efficient toasters to emerge seconds later, crunchy and tender, ready for breakfast. At lunch time toast knows no rival. It is the foundation of successful sandwiches and inviting, quick-and-easy to make entreés. Dinner time is toast time too, for, the uses of toast are like the stars in the Milky Way — their numbers reach infinity.

This booklet talks of toast in a myriad of ways, each one more inviting than the next. It talks of thrift, it talks of convenience, it talks of good-for-you, good-to-you eating.

"Toast Talk" is filled with triple-tested *Proven Recipes* to help you make the most of toast.

TC # - a903457  
AUG. 25, 2016



## ORANGE FRENCH TOAST

2 slightly-beaten eggs	2 teaspoons grated orange rind
3 tablespoons confectioners' sugar	10 slices Sunbeam enriched bread
1 teaspoon cinnamon	
$\frac{2}{3}$ cup orange juice	$\frac{1}{4}$ cup shortening

Combine eggs, confectioners' sugar, cinnamon, orange juice and orange rind. Dip bread slices into egg mixture, turning them to coat both sides. Brown bread, on both sides, in small amount of hot shortening in a skillet. Serve with honey or confectioners' sugar. Makes 5 servings — 2 slices toast per serving.

## BANANA FRENCH TOAST

2 slightly-beaten eggs	$\frac{1}{4}$ cup shortening
$\frac{2}{3}$ cup milk	3 medium-size bananas, sliced
1 teaspoon nutmeg	
8 slices Sunbeam enriched bread	

Combine eggs, milk and nutmeg. Dip bread slices into egg mixture, turning them to coat both sides. Brown bread, on both sides, in small amount of hot shortening in a skillet. Place a layer of sliced bananas on each of 4 slices of French toast. Cover with a second slice of French toast. Serve with maple syrup. Makes 4 servings — 2 slices toast per serving.

## BUTTERMILK FRENCH TOAST

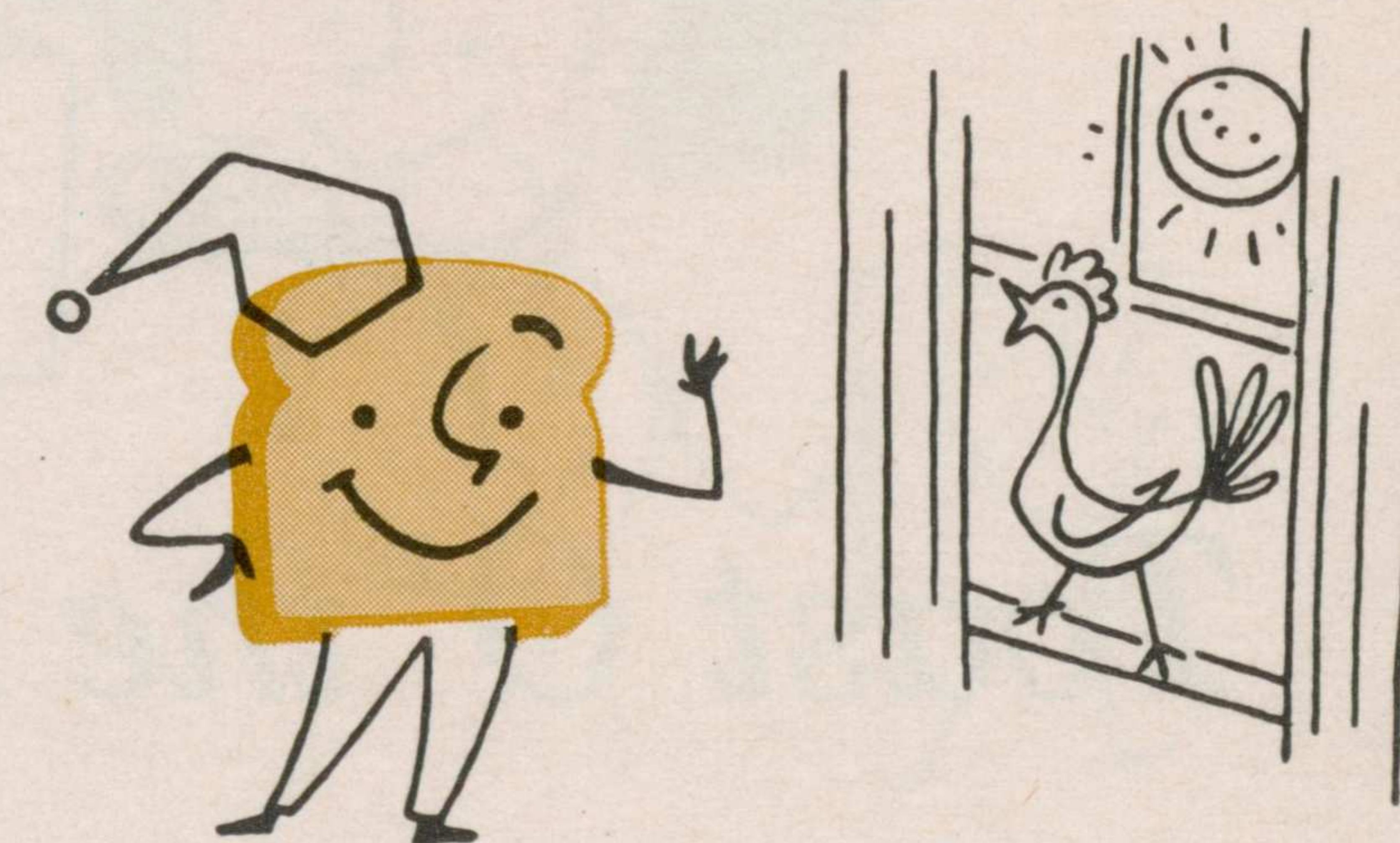
2 slightly-beaten eggs	12 slices Sunbeam enriched or whole wheat bread
1 cup thick buttermilk	
$\frac{1}{8}$ teaspoon salt	$\frac{1}{4}$ cup shortening

Combine eggs, buttermilk and salt. Dip bread slices into egg mixture, turning them to coat both sides. Brown bread, on both sides, in small amount of hot shortening in a skillet. Serve with jelly, preserves, honey or syrup. Makes 6 servings — 2 slices toast per serving.

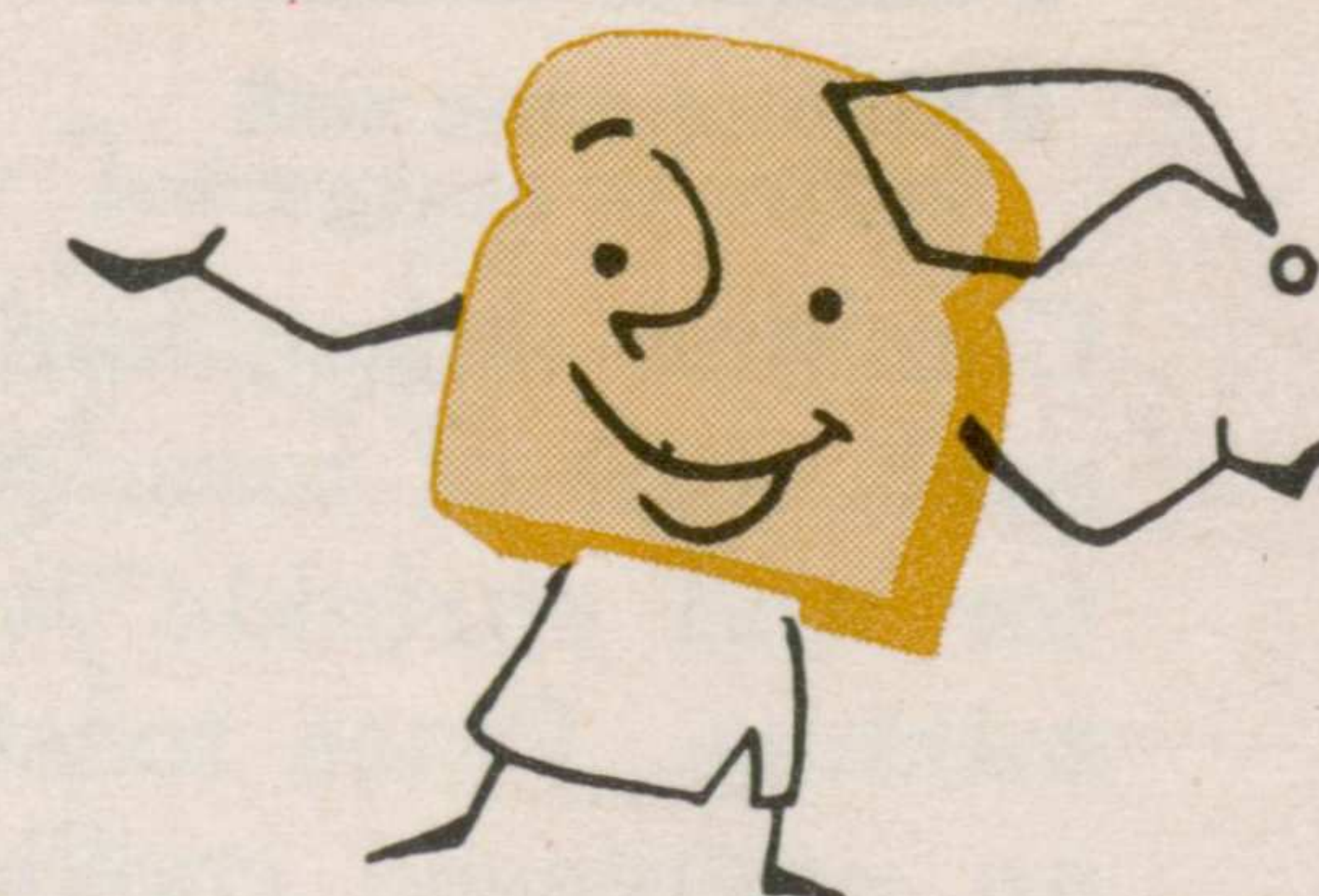
## STRAWBERRY TOASTWICH

$\frac{1}{4}$ cup soft butter or margarine	$\frac{1}{3}$ cup milk
12 slices Sunbeam enriched bread	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup strawberry preserves	1 tablespoon sugar
2 slightly-beaten eggs	$\frac{1}{4}$ cup shortening
	$1\frac{1}{2}$ tablespoons confectioners' sugar

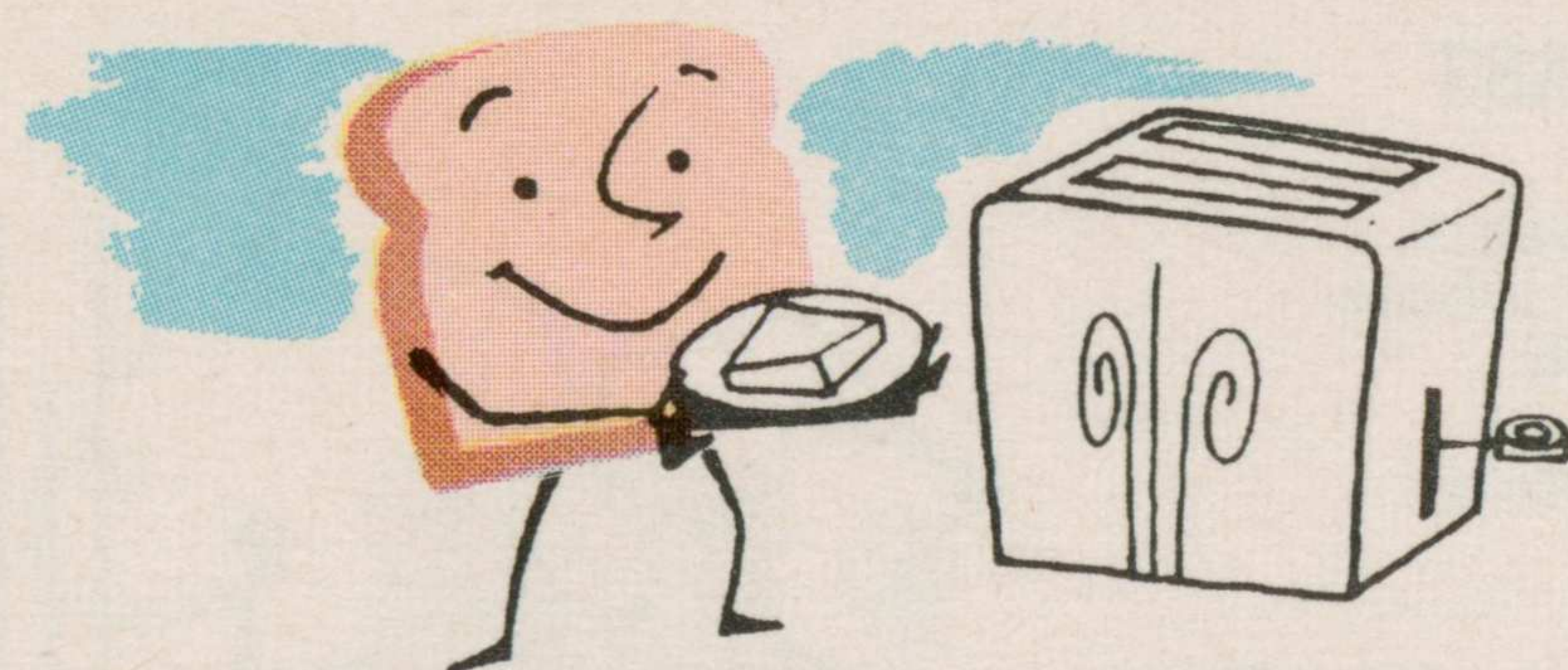
Butter bread. Make 6 sandwiches by placing 2 tablespoons strawberry preserves between slices of buttered bread. Combine eggs, milk, salt and sugar. Dip each sandwich into egg mixture, turning it to coat both sides. Brown sandwiches, on both sides, in small amount of hot shortening in a skillet. Shake a little confectioners' sugar over top of each toastwich. Makes 6 toastwiches.



*Toast O'  
the Morning*







# *Toast O' the Morning*

## **CINNAMON APPLE TOAST**

2 tablespoons sugar      6 slices Sunbeam  
1 teaspoon cinnamon      enriched bread toast  
2 tablespoons soft      1½ cups hot apple  
butter or margarine      sauce

Combine sugar and cinnamon. Spread each slice of toast with 1 teaspoon butter and sprinkle with sugar-cinnamon mixture. Place toast, sugar side up, on an ungreased cookie sheet. Toast in a moderate oven (350° F.) for 5 minutes. To serve: Spoon ½ cup apple sauce on each of 3 slices cinnamon toast. Cut remaining slices in half diagonally and arrange in pairs over servings. Grilled sausage links make a delightful accompaniment. Makes 3 servings — 2 slices toast per serving.

## **ORANGE RAISIN TOAST**

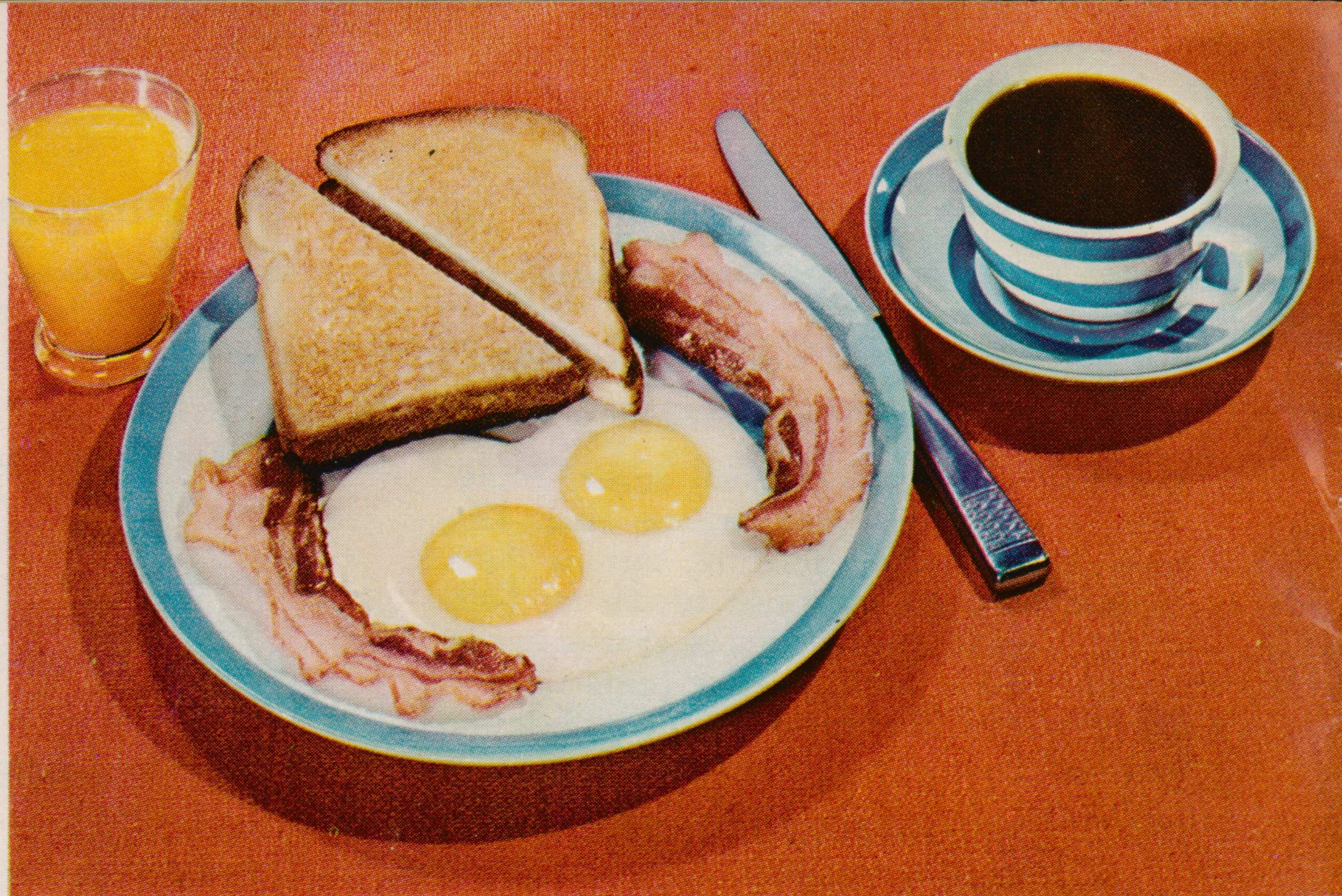
2 tablespoons grated      Dash, cinnamon  
orange rind      14 slices raisin  
¼ cup orange juice      bread toast  
1 cup sugar

Combine orange rind, orange juice, sugar and cinnamon. Spread each slice of toast with 1 tablespoon orange mixture. Place toast, spread side up, on an ungreased cookie sheet. Toast under low broiler heat for 5 minutes. Serve immediately. Makes 7 servings — 2 slices toast per serving.

## **BUTTERSCOTCH PECAN TOAST**

¼ cup soft butter or      8 slices Sunbeam  
margarine      enriched bread toast  
½ cup brown sugar      ½ cup chopped  
pecans

Combine butter and sugar. Spread each slice of toast with 1 tablespoon sugar mixture and sprinkle with 1 tablespoon pecans. Place toast, spread side up, on an ungreased cookie sheet. Toast under low broiler heat for 5 minutes. Serve immediately. Makes 4 servings — 2 slices toast per serving.





## HAM TOASTWICH

- |  |                              |
|--|------------------------------|
| $\frac{1}{4}$ cup soft butter or margarine | 6 slices boiled ham          |
| 2 tablespoons prepared mustard             | 2 slightly-beaten eggs       |
| 12 slices Sunbeam enriched bread           | $\frac{1}{3}$ cup milk       |
|  | $\frac{1}{4}$ cup shortening |

Combine butter and mustard and spread on bread. Make 6 sandwiches by placing a ham slice between slices of buttered bread. Combine eggs and milk. Dip each sandwich into egg mixture, turning it to coat both sides. Brown sandwiches, on both sides, in small amount of hot shortening in a skillet. Serve immediately. Makes 6 toastwiches.

## DEVILED EGGS WITH TOMATO RAREBIT

- |                                    |   |
|------------------------------------|---|
| 1 can condensed tomato soup        | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| $\frac{1}{4}$ cup milk             | 2 cups grated process cheese                |
| $\frac{1}{2}$ teaspoon onion juice | 5 deviled eggs                              |
| 1 teaspoon prepared mustard        | 5 slices Sunbeam enriched bread toast       |

Combine soup, milk, onion juice, mustard and Worcestershire sauce. Heat thoroughly. Add cheese and stir until it melts. For each serving: Place 2 deviled egg halves on each slice of toast and cover with  $\frac{1}{4}$  cup of hot tomato rarebit sauce. Serves 5.

## TUNA SALAD-CANADIAN CHEESE CLUB SANDWICH

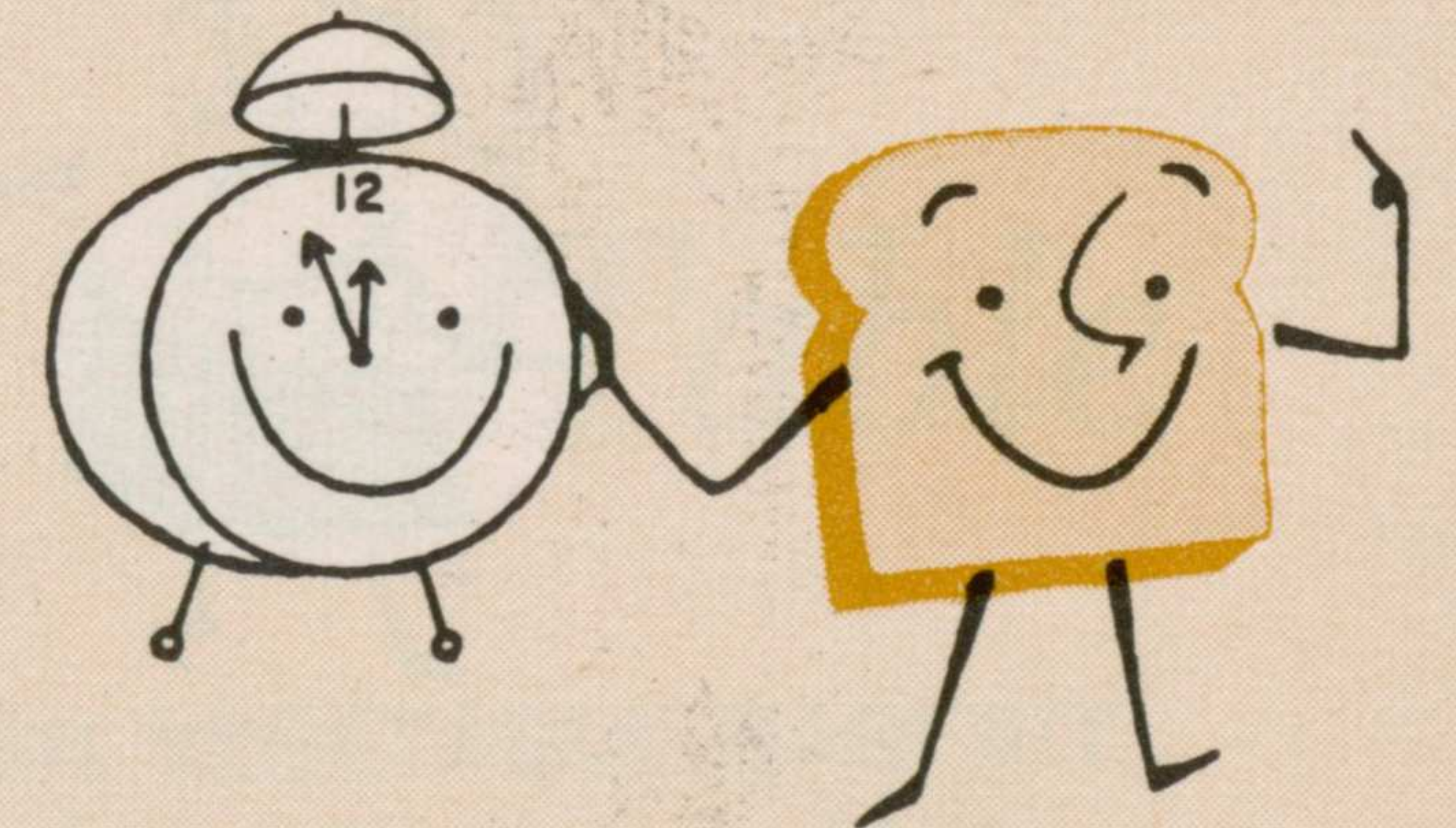
- |  |  |
|--|--|
| 1 (7-ounce) can tuna, flaked                   | 16 slices Sunbeam enriched bread toast |
| $\frac{1}{2}$ cup chopped stuffed olives       | 8 slices whole wheat bread toast       |
| $\frac{1}{3}$ cup mayonnaise or salad dressing | 8 lettuce leaves                       |
| $\frac{1}{2}$ cup soft butter or margarine     | 8 thick slices Canadian cheese         |

Combine flaked tuna, olives and mayonnaise. Butter toast. Cover each of 8 slices of buttered toast with a lettuce leaf, tuna salad and a slice of whole wheat toast. Top each sandwich with a cheese slice and finish with a slice of buttered toast. Makes 8 sandwiches.

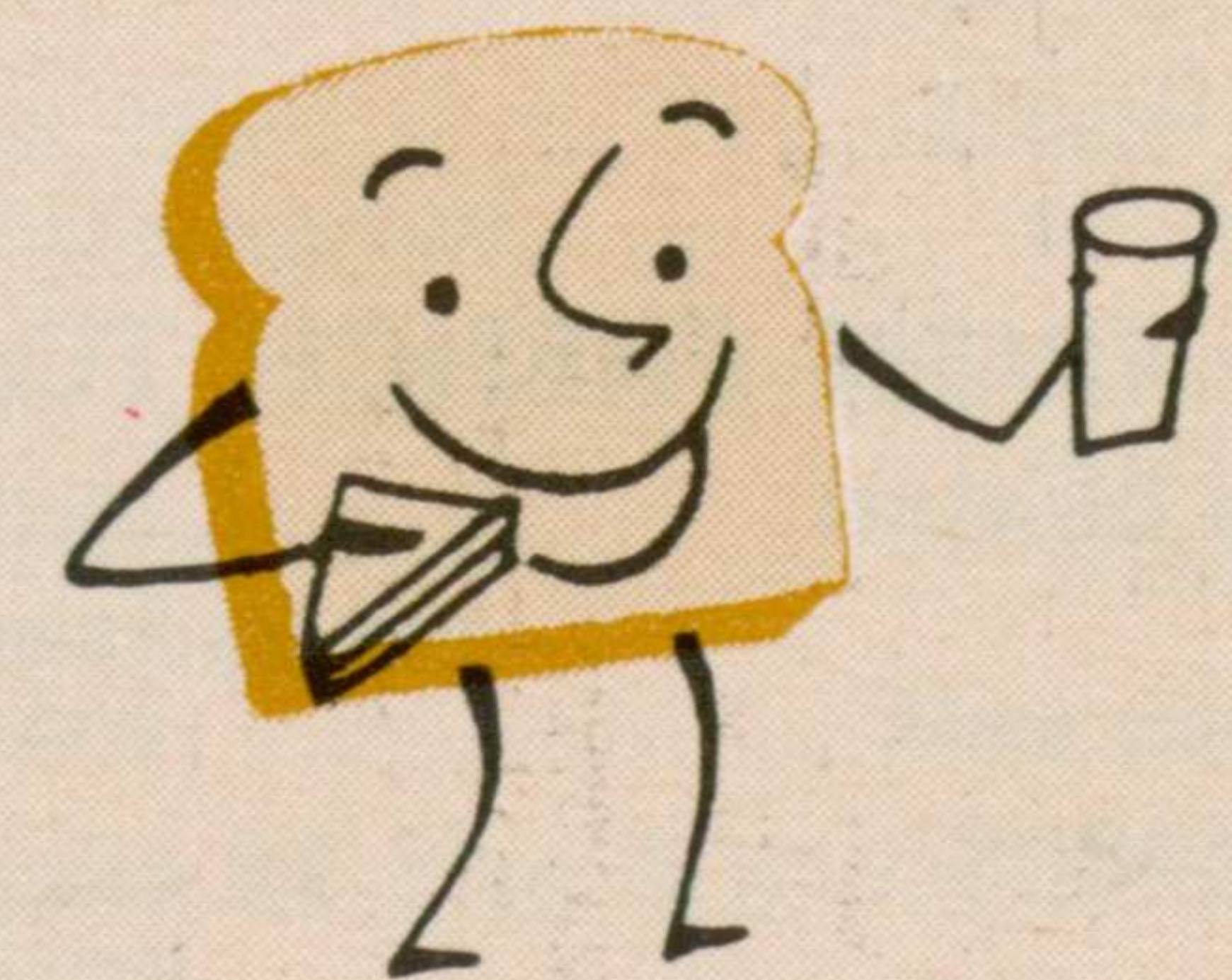
## CRANBERRY-TURKEY SANDWICH

- |  |   |
|--|---|
| $\frac{1}{4}$ cup soft butter or margarine | 12 large slices cold roast turkey       |
| 12 slices Sunbeam enriched bread toast     | $\frac{3}{4}$ cup whole cranberry sauce |
| 6 lettuce leaves                           |   |

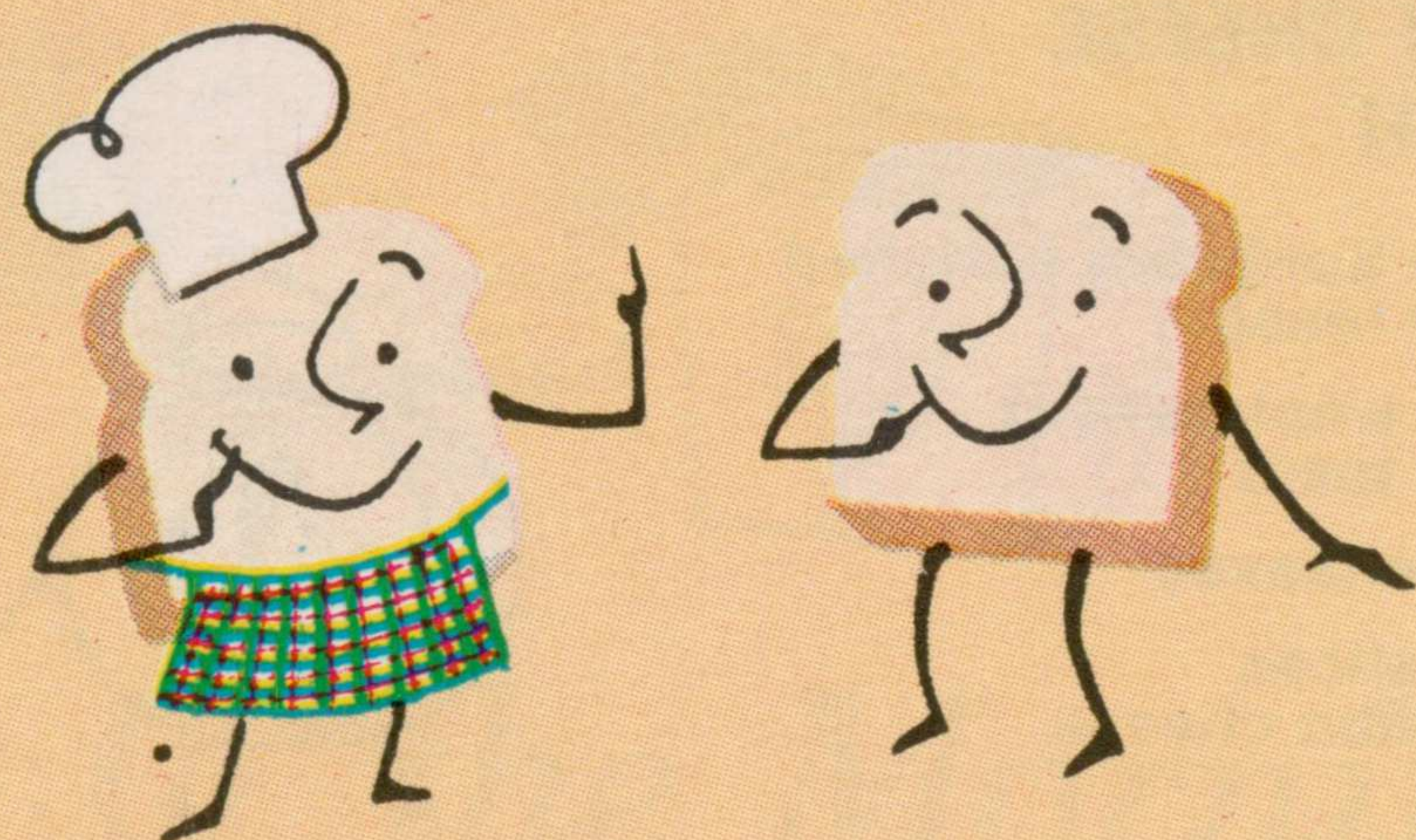
Butter toast. Cover each of 6 slices of buttered toast with a lettuce leaf, 2 slices turkey and 2 tablespoons cranberry sauce. Finish with a slice of buttered toast. Makes 6 sandwiches.



# Hunch for Lunch







## Hunch for Lunch



### OVEN FRENCH TOAST

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 2 slightly beaten eggs      | 1 cup milk                            |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ teaspoon almond extract |
| 2 tablespoons sugar         | 12 slices Sunbeam enriched bread      |

Combine eggs, salt, sugar, milk and almond extract. Dip bread slices into mixture. Place slices on a well-greased cookie sheet and brown in a hot oven (450° F.) for about 10 minutes. Turn toast and continue browning. Serve with preserves, honey butter or maple syrup. Makes 6 servings — 2 slices toast per serving.

### PEANUT BUTTER FRENCH TOAST

- |                                 |                                  |
|---------------------------------|----------------------------------|
| $\frac{1}{4}$ cup peanut butter | 2 slightly beaten eggs           |
| $\frac{2}{3}$ cup milk          | 10 slices Sunbeam enriched bread |

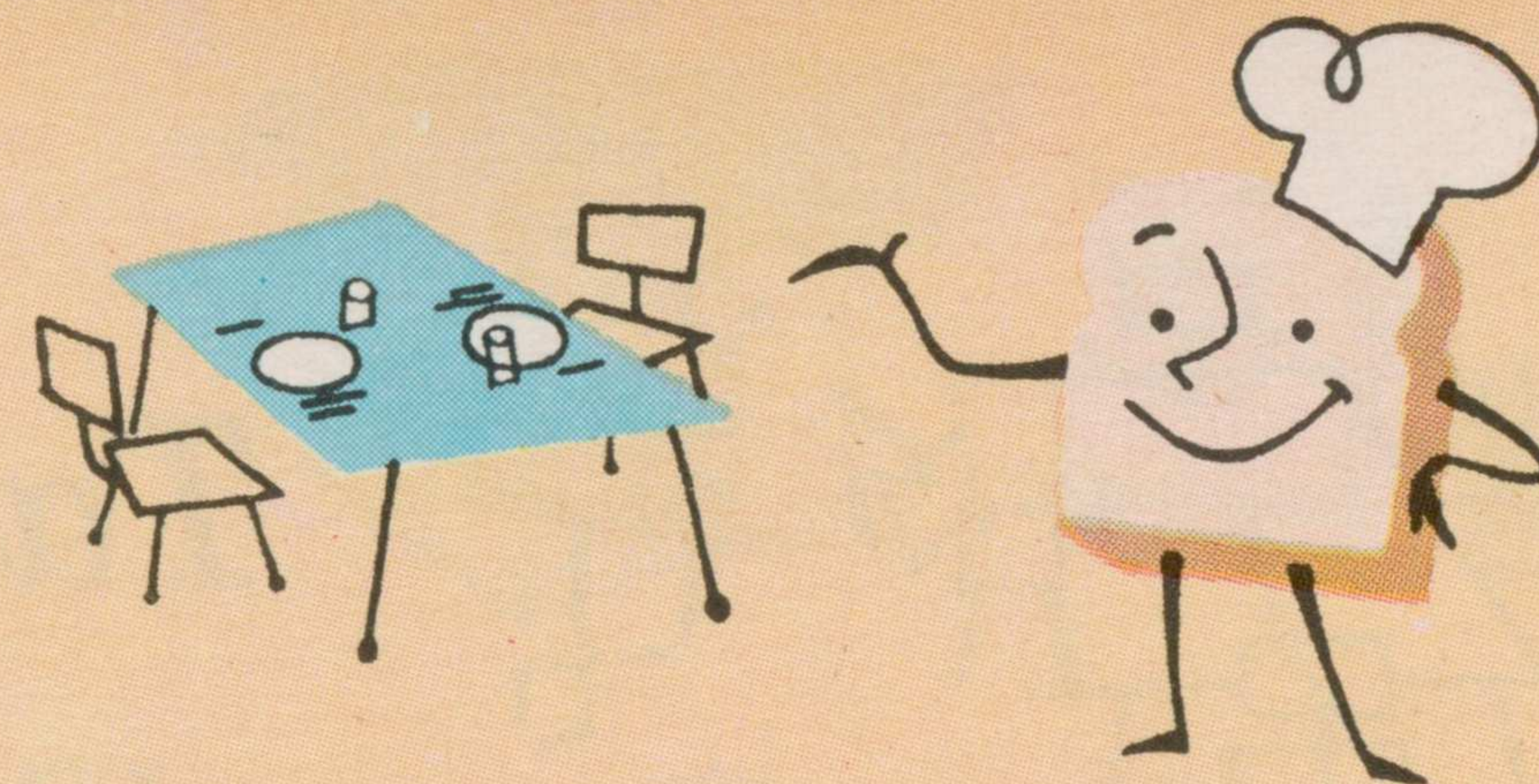
Combine peanut butter and milk. Add eggs. Dip bread slices into mixture. Place slices on a well-greased cookie sheet and brown in a hot oven (450° F.) for about 10 minutes. Turn toast and continue browning. Serve with jelly, preserves or honey. Makes 5 servings — 2 slices toast per serving.

### "WAFFLED" FRENCH TOAST

- |                             |                                 |
|-----------------------------|---------------------------------|
| 2 slightly beaten eggs      | 1 tablespoon sugar              |
| $\frac{2}{3}$ cup milk      | 8 slices Sunbeam enriched bread |
| $\frac{1}{4}$ teaspoon salt |                                 |

Combine eggs, milk, salt and sugar. Dip bread slices into egg mixture, turning them to coat both sides. Brown in a preheated waffle baker. Serve with jelly, preserves, honey or syrup. Makes 4 servings — 2 slices toast per serving.





## Talk of the Table



### TUNA FONDUE

- |                                      |                            |
|--------------------------------------|----------------------------|
| 2 cups toasted bread cubes, 1/2 inch | 3 well-beaten eggs         |
| 1 (7-oz.) can tuna, flaked           | 1 cup milk                 |
| 3/4 cup grated Canadian cheese       | 1/2 teaspoon chopped onion |
|                                      | Dash, paprika              |

Alternate layers of toasted bread cubes, tuna and cheese in a greased 1 1/2-quart casserole. Combine eggs, milk, onion, salt and paprika, and pour over all. Bake in a moderate oven (350° F.) for 45 minutes. Serves 6.

### CRANBERRY FRENCH TOAST

- |                        |  |
|------------------------|--|
| 2 slightly-beaten eggs | 8 slices Sunbeam enriched bread                  |
| 2/3 cup milk           | 4 slices jellied cranberry sauce, 1/4-inch thick |
| 1/8 teaspoon salt      | Confectioners' sugar                             |
| 1 teaspoon sugar       |  |
| 1/4 cup shortening     |  |

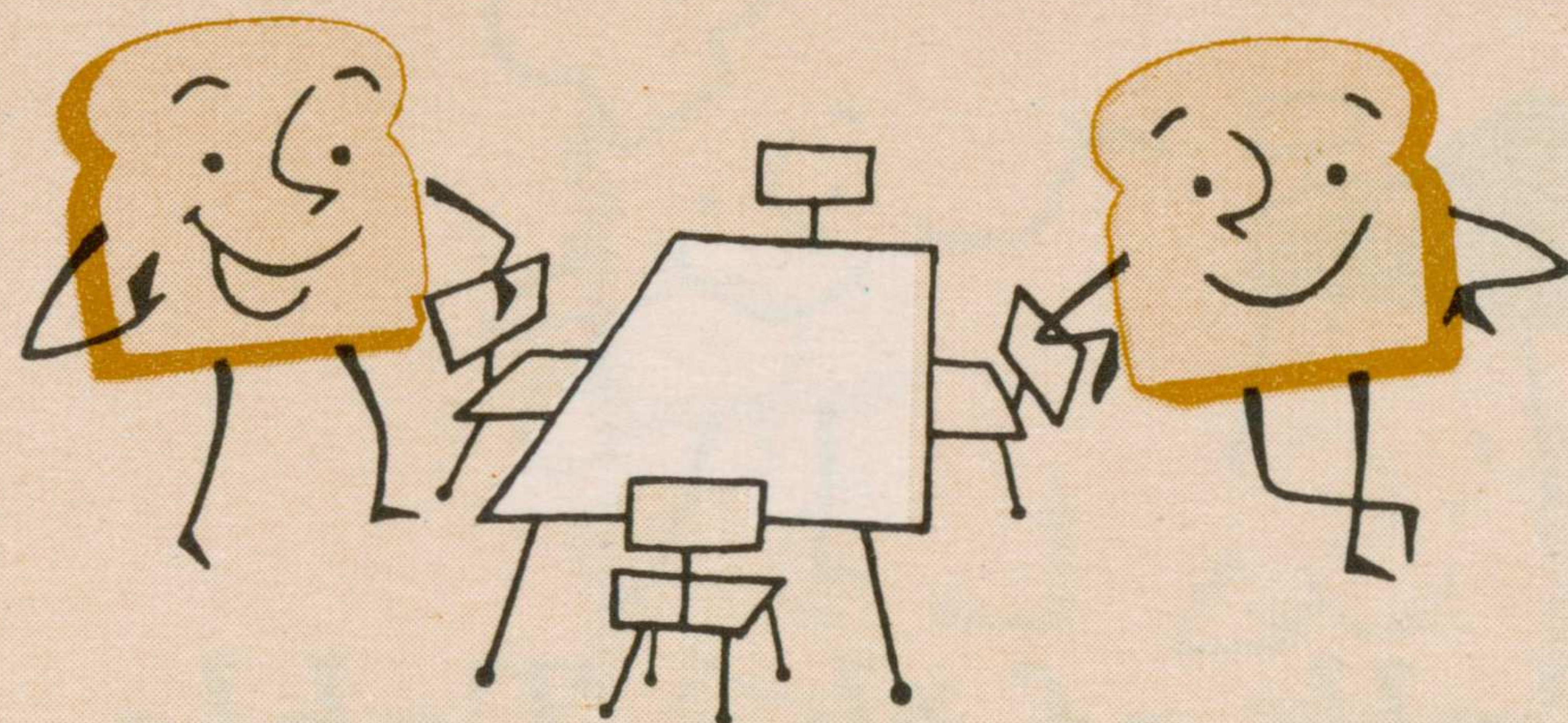
Combine eggs, milk, salt and sugar. Dip bread slices into egg mixture, turning them to coat both sides. Brown bread, on both sides, in small amount of hot shortening in a skillet. Place a slice of jellied cranberry sauce between each 2 slices of French toast. Sprinkle with confectioners' sugar. Makes 4 servings — 2 slices toast per serving.

### FRESH VEGETABLE RAREBIT

- |                                   |   |
|-----------------------------------|---|
| 2 tablespoons butter or margarine | 1/2 cup chopped, cooked celery            |
| 2 tablespoons flour               | 1 tablespoon chopped, cooked green pepper |
| 1/3 teaspoon salt                 | 3/4 cup chopped cooked carrots            |
| Dash, cayenne pepper              | 3/4 cup cooked peas                       |
| 1/4 teaspoon dry mustard          | 1 cup fresh tomato wedges                 |
| 1/2 teaspoon Worcestershire sauce | 16 slices Sunbeam enriched bread toast    |
| 1 cup milk                        |   |
| 1 1/2 cups grated Canadian cheese |   |

Melt butter in the top of a double boiler. Blend in flour, salt, pepper, mustard and Worcestershire sauce. Add milk and cook until thick, stirring constantly. Add cheese and stir until cheese melts. Add celery, green pepper, carrots, peas and tomatoes. Cover and heat through. Serve on toast. Makes 8 servings — 2 slices toast per serving.





## Talk of the Table

### FRENCH VEAL BIRDS

1 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 teaspoon marjoram or sage  
 6 lean veal shoulder steaks,  
 1/4 inch thick  
 1/4 cup flour  
 1 cup sherry or white wine  
 2 slices bacon, chopped  
 1 1/4 cups toasted bread cubes

1 1/4 cups toasted bread cubes,  
 1/2 inch  
 1/2 cup finely chopped carrots  
 1/4 cup finely chopped onion  
 1 well-beaten egg  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 cup hot bouillon or milk

Combine salt, pepper and marjoram. Sprinkle over veal steaks. Fry chopped bacon until crisp. Place bacon and drippings in a mixing bowl, reserving 2 tablespoons drippings for browning meat. Add toasted bread cubes, carrots, onion, egg, salt and pepper. Add bouillon and mix well. Spread stuffing on each veal steak, roll up jelly-roll fashion and tie with string. Roll in flour and brown veal birds in bacon drippings. Arrange veal birds in a 1 1/2-quart casserole. Add wine. Cover and bake in a moderate oven (350° F.) for 1 1/2 hours. To serve: Remove strings, place veal birds on a platter and pour a little of the gravy from the casserole over them. Thicken gravy, if desired. Makes 6 French Veal Birds.

### ROLLED STUFFED FISH FILETS

2 1/2 cups toasted bread cubes,  
 1/2 inch  
 1/2 teaspoon salt  
 1/4 cup diced celery  
 1/4 cup minced onion  
 1/4 teaspoon pepper

1/8 teaspoon marjoram or sage  
 1 tablespoon melted butter or  
 margarine  
 1/3 cup milk  
 1 teaspoon lemon juice  
 6 fish filets (perch, flounder, sole)

Combine toasted bread cubes, salt, celery, onion, pepper, marjoram, butter, milk and lemon juice. Place stuffing on each filet, roll up jelly-roll fashion and tie with string. Bake in a greased shallow pan in a moderate oven (375° F.) for 30 minutes. Serve with a fish sauce. Serves 6.

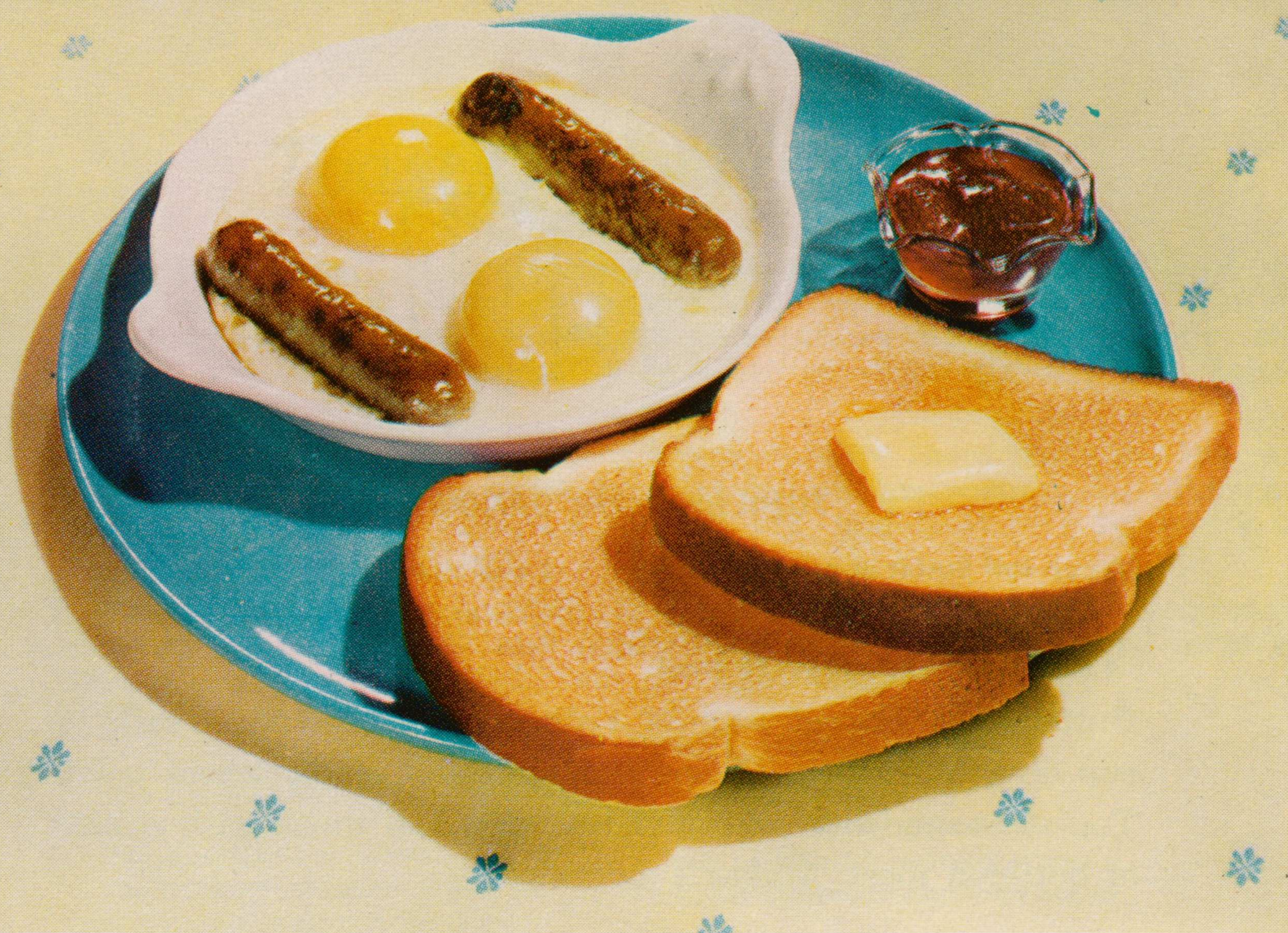
### HOT HAM-MUSHROOM SANDWICH

2 teaspoons shortening  
 4 slices boiled ham  
 1/2 cup thick sour cream

1/2 cup canned mushrooms, sliced  
 or buttons  
 1 teaspoon prepared mustard  
 8 slices Sunbeam enriched  
 bread toast

Melt shortening in a skillet. Add ham and sauté for 5 minutes. Combine sour cream and mushrooms. Heat for 5 minutes. Spread each slice of toast with mustard. Cover with a slice of ham and second slice of toast. Spoon hot mushroom mixture over each sandwich. Serve immediately. Makes 4 sandwiches.





### FRENCH TOAST

2 slightly-beaten  
eggs  
 $\frac{2}{3}$  cup milk

$\frac{1}{4}$  teaspoon salt  
8 slices Sunbeam  
enriched bread  
 $\frac{1}{4}$  cup shortening

Combine eggs, milk and salt. Dip bread slices into egg mixture. turning them to coat both sides. Brown bread, on both sides, in small amount of hot shortening in a skillet. Serve with honey, preserves or syrup. Makes 4 servings — 2 slices toast per serving.

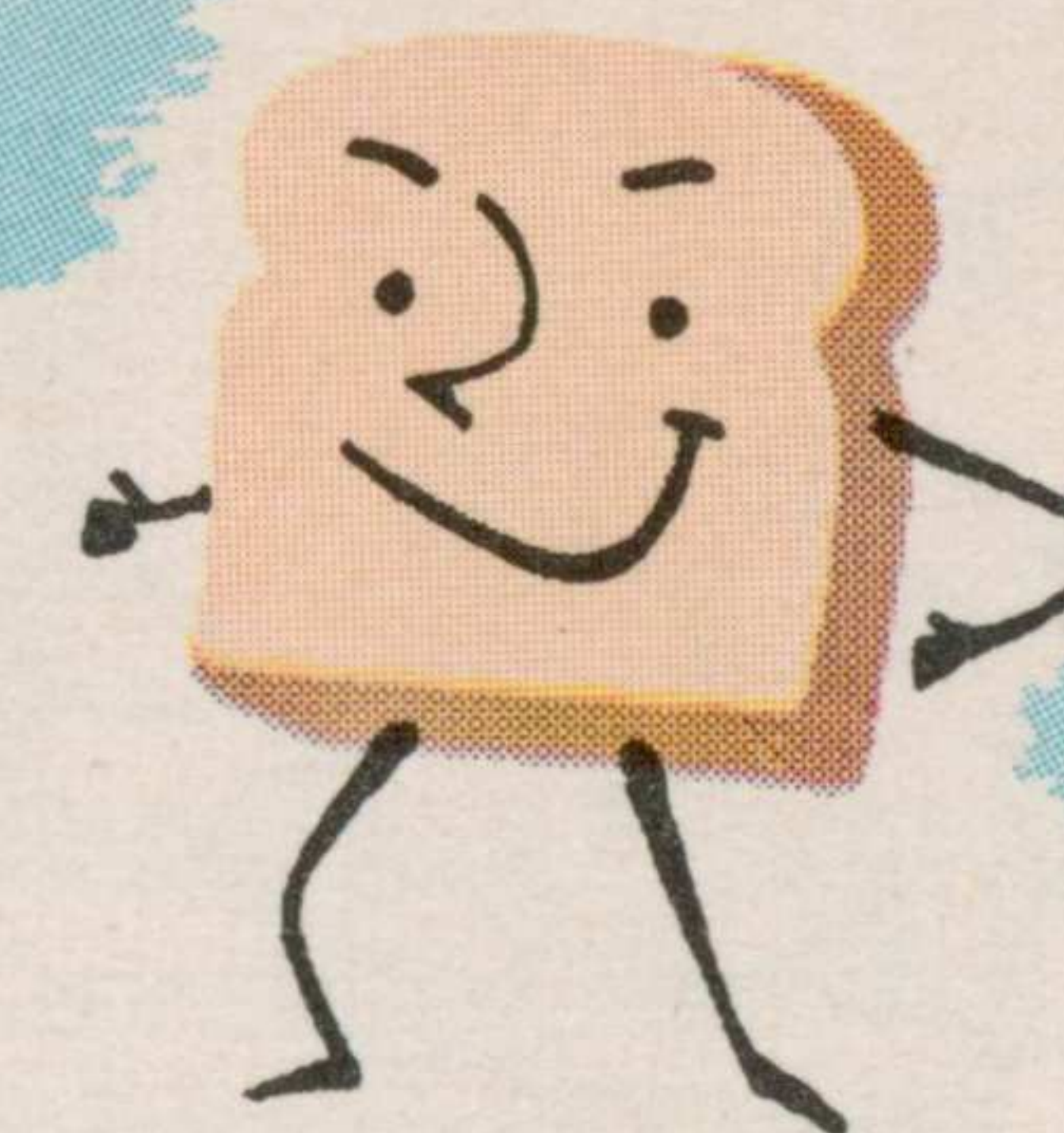
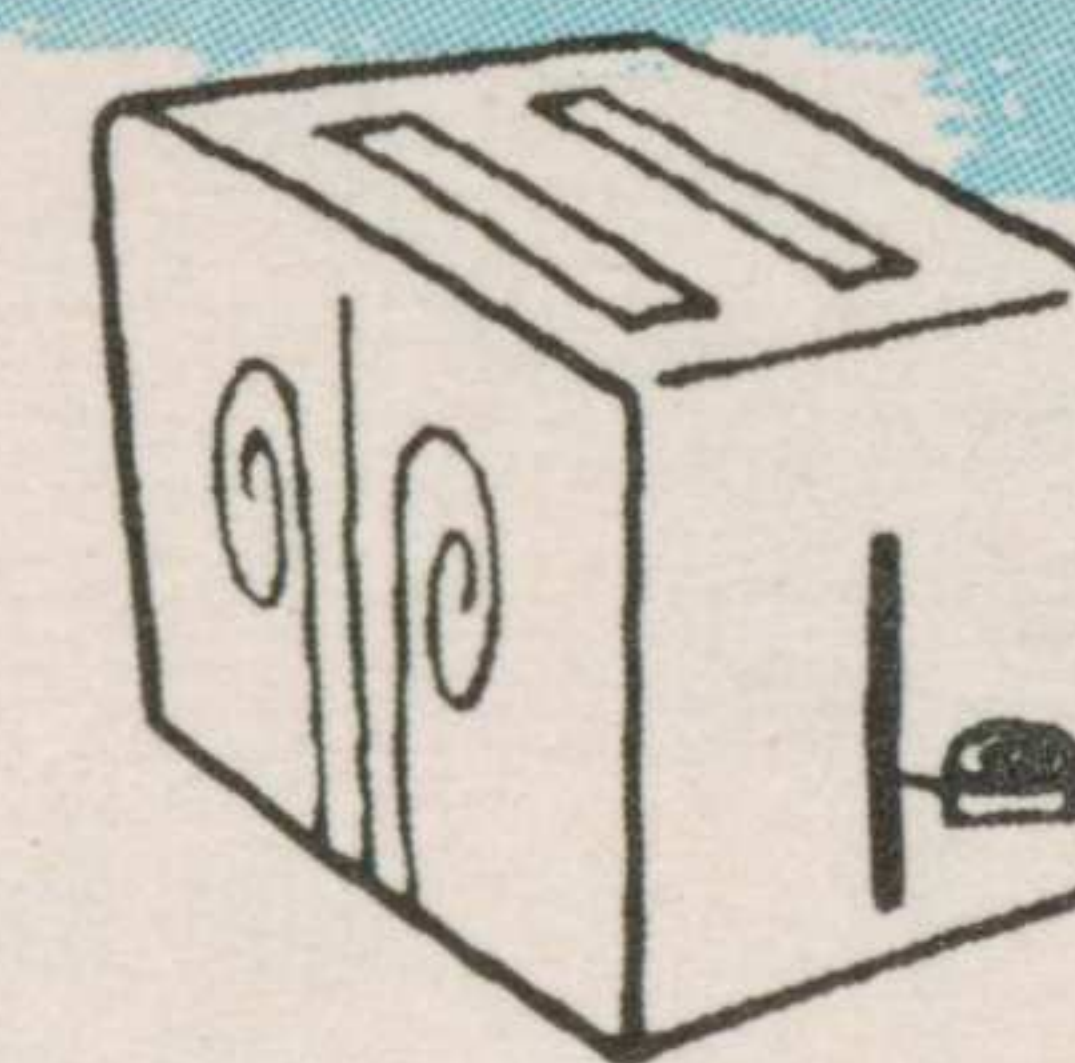
### TOASTED CHEESE NIPPIES

3 tablespoons  
shortening  
1 drop Tabasco  
sauce

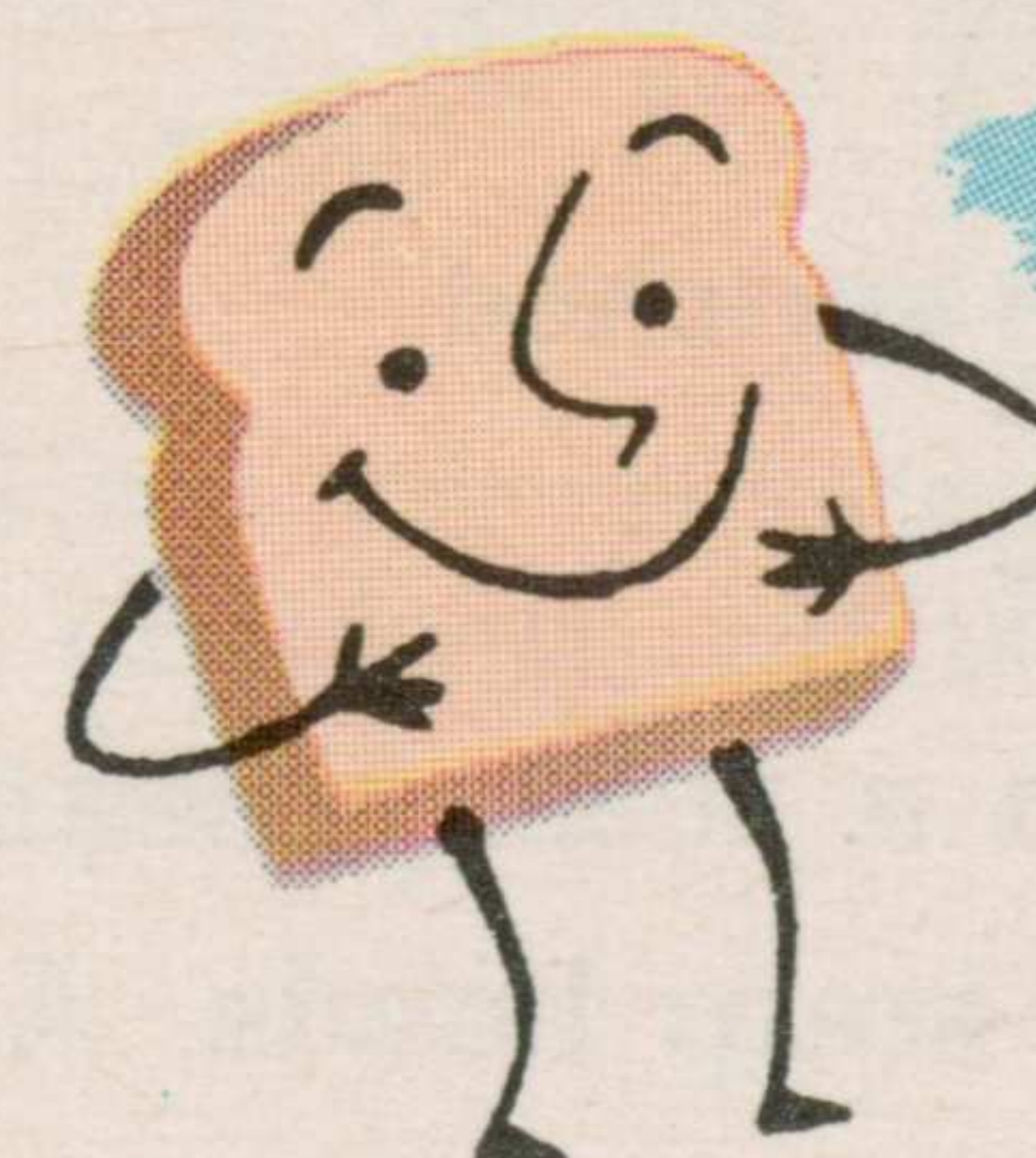
$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon paprika

Melt shortening in a skillet. Add tabasco sauce, salt and paprika. Stir in toasted bread cubes. Add cheese and mix well. Toast in a shallow baking pan in a moderate oven (350° F.) for 10 minutes. Stir occasionally. Makes 3 cups.

3 cups toasted  
bread cubes,  
 $\frac{1}{2}$  inch  
 $\frac{1}{3}$  cup finely grated  
Parmesan cheese



## Toast Snacks



### FLUFFY CHEESE TOAST

$\frac{1}{2}$  cup mayonnaise  
or salad-dressing

1 teaspoon pre-  
pared mustard

Dash, salt

$1\frac{1}{3}$  cups grated  
Canadian cheese

2 stiffly-beaten  
egg whites

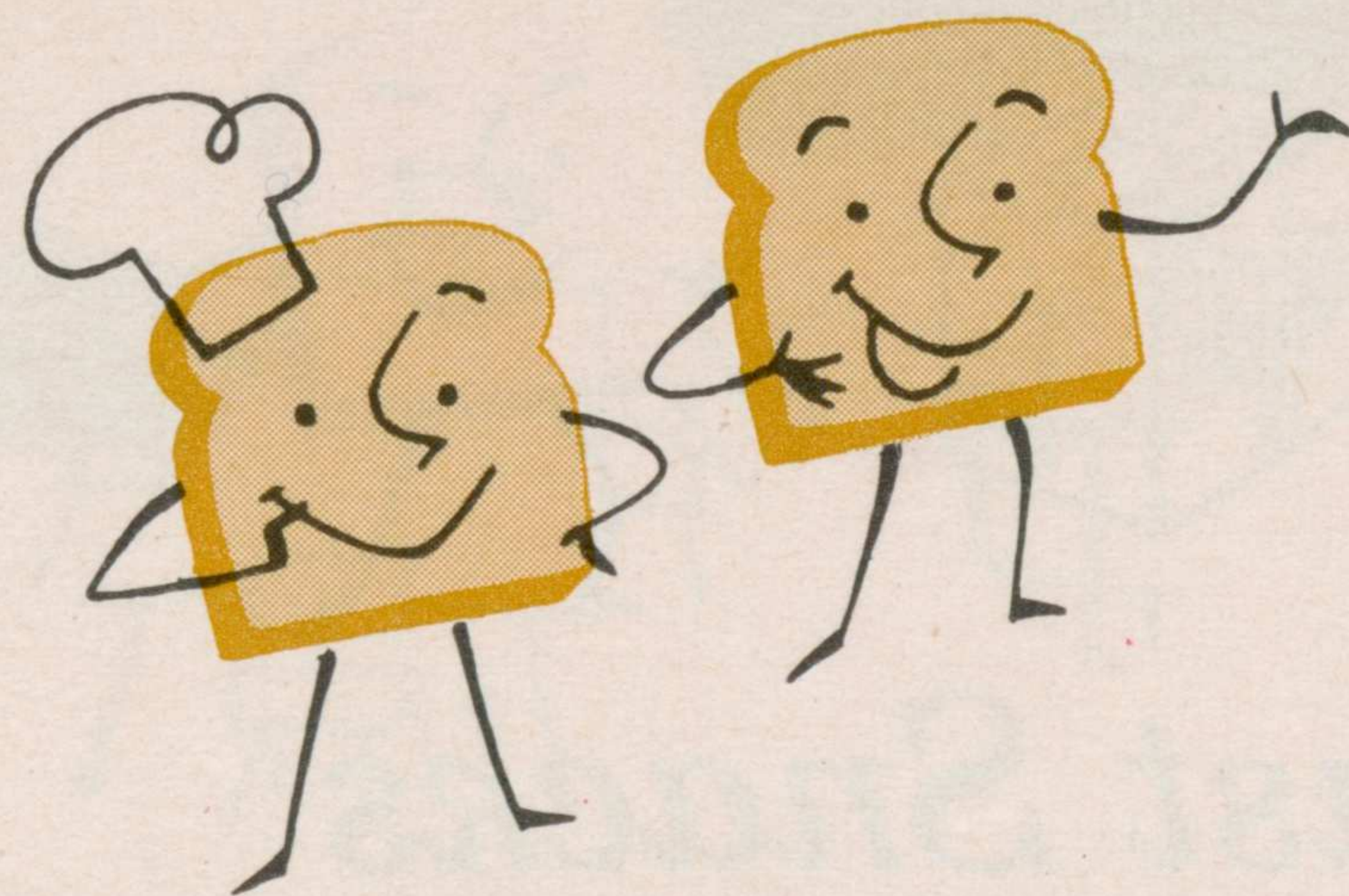
12 slices Sunbeam  
enriched bread  
toast

Combine mayonnaise, mustard, salt and cheese. Fold in egg whites. Spread 2 tablespoons cheese mixture on each slice of toast. Place toast, spread side up, on an ungreased cookie sheet. Toast under low broiler heat for 5 minutes, or until mixture puffs and browns. Serve immediately. Makes 6 servings — 2 slices toast per serving.

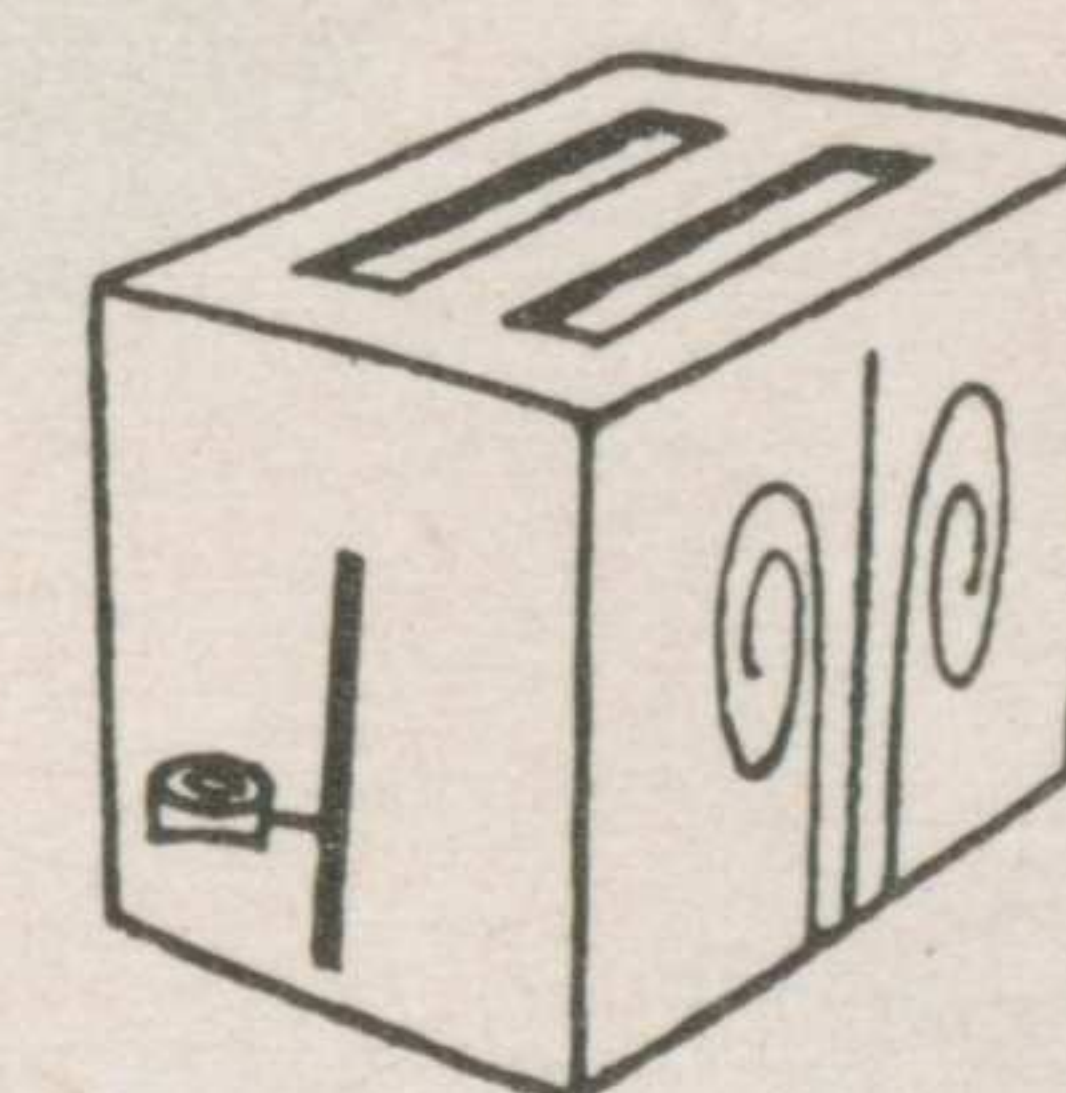
### MELBA TOAST

Arrange 8 slices Sunbeam enriched bread between two nested shallow baking pans and brown in a slow oven (300° F.) for 30 minutes. Flip pans over and continue browning for an additional 30 minutes. Makes 8 slices Melba Toast.





# Toast Snacks



## MUSHROOM MILK TOAST

- |                                      |  |
|--------------------------------------|--|
| <b>1 can condensed mushroom soup</b> | <b>6 slices Sunbeam enriched bread toast</b> |
| <b>2 cups milk</b>                   | <b>1 teaspoon butter</b>                     |

Blend mushroom soup and milk together with a rotary beater. Heat soup mixture. Place a slice of toast in 6 soup bowls. Add butter to hot soup and pour  $\frac{1}{2}$  cup soup over toast. Makes 6 servings — 1 slice toast per serving.

## CINNAMON TOAST

- |  |   |
|--|---|
| <b><math>\frac{1}{4}</math> cup soft butter or margarine</b> | <b>1 teaspoon cinnamon</b>                |
| <b>12 slices Sunbeam enriched bread toast</b>                | <b>2 tablespoons confectioners' sugar</b> |
| <b><math>\frac{1}{4}</math> cup sugar</b>                    |   |

Butter toast slices, allowing 1 teaspoon butter per slice. Combine sugar and cinnamon and sprinkle 1 teaspoon of mixture over buttered toast. Place toast, spread side up, on an ungreased cookie sheet. Toast in a moderate oven (350° F.) for 5 minutes. Shake a little confectioners' sugar over each slice. Serve immediately. Makes 6 servings — 2 slices toast per serving.

## JUBILEE CLUB SANDWICH

- |  |   |
|--|---|
| <b><math>\frac{1}{4}</math> cup soft butter or margarine</b> | <b>1 cup olive-nut-sandwich filling</b> |
| <b>8 slices Sunbeam enriched bread toast</b>                 | <b>4 slices Swiss Cheese</b>            |
| <b>4 slices whole wheat bread toast</b>                      |   |

Butter toast. Spread each of 4 slices of buttered toast with  $\frac{1}{4}$  cup olive-nut filling. Cover with a slice of whole wheat toast. Top each sandwich with a cheese slice and finish with a slice of buttered toast. Makes 4 sandwiches.

## LEMON BUTTER TOAST

- |   |  |
|---|--|
| <b>6 tablespoons soft butter or margarine</b> | <b><math>1\frac{1}{2}</math> teaspoons grated lemon rind</b> |
| <b>2 teaspoons lemon juice</b>                | <b>12 slices Sunbeam enriched bread</b>                      |

Combine butter, lemon juice and lemon rind. Arrange bread slices on an ungreased cookie sheet and toast under low broiler heat for about 3 minutes. Remove from broiler, turn toast, and spread untoasted side with lemon butter. Return to broiler and toast for an additional 5 minutes, or until golden brown. Serve immediately. Makes 6 servings — 2 slices toast per serving.



# Toast Quiks

Hot, inviting waffled sandwiches are as quick and easy to prepare as they are good to eat. The delightful flavor and aroma of sandwiches grilled in a waffle baker can also be captured and held for impromptu entertaining by freezing them. Prepare a two-week supply. Cool, wrap individually in moisture-vapor proof paper, label and store in the freezer.

When you need sandwiches in a hurry, remove them from the freezer, unwrap and pop into the toaster. Toast twice for piping hot sandwiches. To take care of a crowd, arrange frozen sandwiches in a shallow pan and heat in a moderate oven (350° F.) for five minutes, or until hot.

Fillings that lend themselves to this jiffy-time idea include grated Bleu or process cheese, cooked egg yolk and peanut butter. Cooked or canned meat and chicken, either sliced or chopped, and fish, too, are also satisfactory.

## OLIVE-CHEESE TOAST QUIK

1 cup grated process Canadian cheese	½ teaspoon salt
¼ cup chopped ripe olives	½ teaspoon finely grated onion
2 tablespoons chopped pimienta	½ cup soft butter or margarine
2 teaspoons prepared mustard	12 slices Sunbeam enriched bread

Combine cheese, olives, pimienta, mustard, salt and onion. Butter bread. Spread each of 6 slices of buttered bread with 2 tablespoons olive-cheese filling. Finish with a matching slice of bread. Butter outside of each sandwich. Place sandwiches in a preheated waffle baker and grill until light brown. Makes 6 Olive-Cheese Toast Quiks.

## TUNA TOAST QUIK

½ cup tuna, flaked	2 tablespoons mayonnaise or salad dressing
2 tablespoons chopped celery	
2 tablespoons chopped green pepper	½ cup soft butter or margarine
2 tablespoons sweet pickle relish	12 slices Sunbeam enriched bread

Combine tuna, celery, green pepper, pickle relish and mayonnaise. Butter bread. Spread each of 6 slices of buttered bread with 2 tablespoons tuna salad filling. Finish with a matching slice of bread. Butter outside of each sandwich. Place sandwiches in a preheated waffle baker and grill until light brown. Makes 6 Tuna Toast Quiks.

## "Toast" Points

- Toasting converts some of the starch of bread into simpler carbohydrates and removes some of the moisture. Attractive, crunchy hot toast has the same caloric value as untoasted bread — 60 calories per one-half inch slice.
- For the best toast, use bread at least 24 hours old, and serve it piping hot.
- Frozen bread slices may be put into the toaster for immediate toasting. They require a few extra seconds toasting time.
- Hot toast should never be stacked. If it must be held for a few minutes, arrange toast slices on a rack and place in a warm oven until served.
- For distinctive toast service, arrange triangular slices of toast on a folded napkin on a hot plate, slightly over-lapping them. The napkin will absorb the steam from the hot toast and keep it crisp.
- Trim edges of bread after toasting. Cut into desired shapes. Cookie cutters can be used to fashion the base for canapés or to dress up casserole dishes.



*Sunbeam*



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